

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

## EAP SUPERVISORY NOTES



### The Leadership Role during Uncertain Times

Worry is on the minds of most Americans. The current national climate of high alert to additional terrorist attacks, war, growing unemployment, a struggling economy as well as changes to everyday life have put many people on edge. As a supervisor you are viewed as a leader. During uncertain times people look to you for answers and direction. Please consider the following suggestions to help put others at ease during uncertain times.

**Choose not to worry.** Let others see you in a confident manner. You can care and be concerned without worrying. Worry leads to increased stress, illness, and lack of effectiveness.

**Remain informed,** but try not to let the news of current events overwhelm you. It's important to get the facts, assess what is really happening, and be skeptical of rumors. Share your factual information and advise others to limit their exposure to the media.

**Incorporate stress management techniques** into your daily routine. Share your techniques with others to help alleviate stress throughout the workgroup. Or consider providing Stress Management Training at the workplace.

**Stay healthy** and promote the benefits of a healthy lifestyle. Exercise can help take your mind off current events and a balanced diet will help you think clearly and remain strong. Remind others not to revert to drugs and alcohol during times of difficulty, and if necessary provide a refresher on the organization's drug and alcohol policy.

**Focus** on the things you can control and accept the things you cannot change. Even a responsible and accountable person cannot always be in control of their surrounding environment.

#### What can I do?

Today's world is far from peaceful. As a leader here are some ways you can promote peace in your workplace:

- Smile.
- Share your talents with others in need.
- Generously give praise.
- Practice random acts of kindness.
- Meditate quietly.
- Speak truthfully.
- Work for win-win solutions to problems and conflicts.
- Listen deeply and with compassion.
- Strive to understand others.
- Honor the differences in human kind and appreciate the mix.

Source: National Wellness Institute

*For more information on enhancing your leadership role, contact your Best Care EAP. Management consultation, training, and counseling services are available. Please call (402) 354-8000 or 800-666-8606.*

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